

MARCH 2025 | VOL. 4

THE SEEKER'S SCROLL



Monthly Newsletter from 2 Minutes with the Lord

Lent: A Time to Return to the Lord



Dear Friends in Christ,

As we enter March, we find ourselves fully immersed in the sacred season of Lent—a time of reflection, renewal, and returning to God's heart. In these forty days, we are invited to walk with Christ, embrace His love more deeply, and prepare ourselves for the joy of the Resurrection at Easter.

The words of Joel 2:12 call us to Return to me with all your heart, fasting, weeping, and mourning." This is not merely a call to outward acts of sacrifice but an invitation to inner transformation—to turn away from all that separates us from God and to allow His grace to renew us from within. Lent is often associated with giving up things—sweets, social media, or other comforts. But beyond fasting, this season is truly about making space for God. It is a time to:

- Pause and reflect on the state of our hearts.
- Let go of the distractions and attachments that keep us from hearing God's voice.
- Deepen our relationship with Christ through prayer, fasting, and almsgiving.

Jesus fasted in the desert for forty days before beginning His public ministry (Matthew 4:1-11). He faced temptation, yet His heart remained fixed on God. Lent invites us to enter our own spiritual "desert"—where we detach from worldly things and focus on what truly nourishes our souls: God's presence, His Word, and His love.



But Lent is not just about personal renewal but also a season of compassion and service. As we experience God's mercy, we are called to extend that same mercy to others—through acts of kindness, forgiveness, and generosity. We are invited to recognize the suffering of others and respond with love and action. As we journey through this sacred season, let us ask ourselves:

- What distractions or sins do I need to surrender to the Lord?
- How can I create more space in my life for prayer and silence?
- Where is God calling me to serve and love more deeply?

May this Lenten season be one of grace, transformation, and a profound encounter with Christ's love. As we walk toward the cross, may we do so with faith, hope, and a heart open to becoming new.

With prayerful blessings,
Fr. Veigas Dominic, SVD

2 Minutes of Divine Wisdom

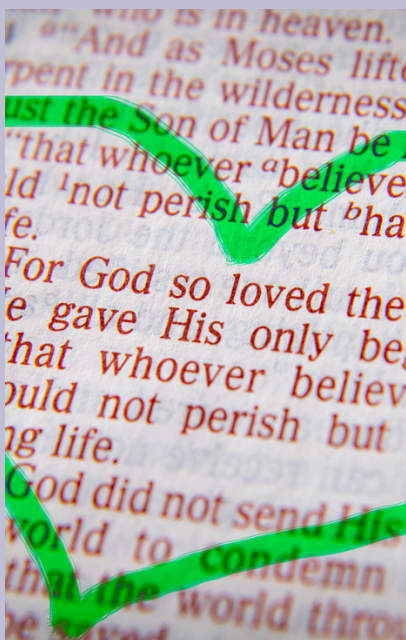
REFLECTION ON THE WORD OF GOD

Verse: "Man shall not live by bread alone, but by every word that comes from the mouth of God." – Matthew 4:4

This verse comes from Matthew 4:1-11, where Jesus is tempted in the wilderness after fasting for forty days and nights. At His weakest moment, Satan challenges Him to turn stones into bread to satisfy His hunger. Instead of giving in, Jesus responds with Scripture, quoting Deuteronomy 8:3, reminding us that life's most profound nourishment doesn't come from food but from God's Word.

The phrase "not by bread alone" does not mean that food and physical needs are unimportant. Instead, it highlights that spiritual sustenance is more essential than bodily nourishment. Just as we need food to sustain our bodies, we need God's Word to strengthen our souls and give direction to our lives.

The Greek word for "word" in this verse is "rhēma", which means a spoken, living word—a fresh message from God. This reminds us that Scripture is not just an old book but is alive and speaks to us today.



As we journey through Lent, this verse calls us to examine our trustworthy source of fulfillment.

- **Are we feeding only our physical needs while neglecting our spiritual hunger?**
- **Do we allow God's Word to guide our daily decisions, or do we rely solely on our wisdom?**
- **Are we too focused on material comforts, social media, or worldly distractions that we forget to spend time with God?**

This verse invites us to fast from distractions and feast on God's Word. It reminds us that money, success, or even food won't satisfy the deepest hunger of our hearts—only a relationship with God can.

Practical Action Steps for Lent

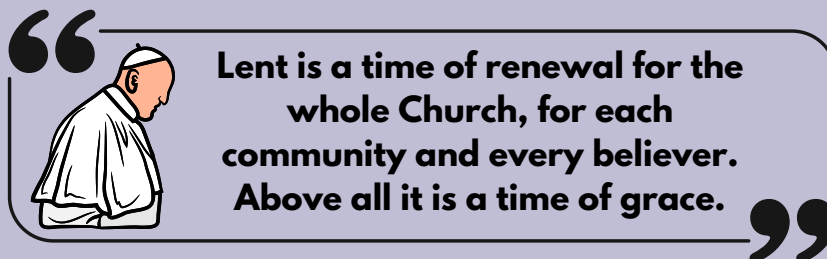
Daily Scripture Reading: Set aside at least 5 minutes daily to read a Bible passage. Start with the Gospels or Psalms and reflect on how God speaks to you.

Fast from the Noise: Take a break from unnecessary distractions—limit social media, TV, or gossip—and spend that time in prayer or silence.

Spiritual Nourishment: Instead of focusing only on what you give up for Lent, focus on what you take in—more Scripture, prayer, and acts of kindness.

Prayer for the Week:

Lord, help me hunger for Your Word more than anything else. Teach me to rely not only on worldly comforts but on Your truth. Fill me with Your wisdom and guide my heart during this Lenten journey. Amen.



Holy See Promotes Family Formation to Advance Social Unity

At the 63rd session of the Commission for Social Development (CsocD63) held at the United Nations, the Permanent Observer of the Holy See, Archbishop Gabriele Caccia, highlighted the crucial role of family formation in promoting solidarity, inclusion, and social cohesion. His message emphasized that strengthening family values is key to achieving integral human development and advancing the 2030 Agenda for Sustainable Development.

The Family: A Pillar of Social Development

The Catholic Church has always upheld the family as the fundamental unit of society, where love, faith, and responsibility are cultivated. Archbishop Caccia reiterated this teaching, stating:

Families shape individuals and contribute to the overall well-being of communities and nations. Social stability, moral values, and solidarity flourish when family structures are strengthened.

“At the heart of each of these themes is the family. The family is a ‘school of deeper humanity’ and the first place where the values of love and fraternity, togetherness and sharing, concern and care for others are lived out and handed on.”

Advocating for the Most Vulnerable

Archbishop Caccia stressed that families play a vital role in protecting their most vulnerable members, including the elderly, the unborn, and persons with disabilities. In an era where a “throwaway culture” often marginalizes the weak, families serve as beacons of inclusion, ensuring that no one is left behind.

He urged governments and policymakers to recognize and support the indispensable role of the family:

“As the fundamental group unit of society, the family is entitled to appropriate respect in its role from the community and the State.”

He called upon nations to implement policies that promote family formation, respect family life, and foster better conditions for families to thrive.

Social Inclusion: Investing in Integral Human Development

Social inclusion means ensuring that all individuals—regardless of economic or social status—have access to opportunities, education, and participation in community life. Archbishop Caccia noted that poverty often hinders integral human development and urged global leaders to prioritize:

Quality education for all

A shared responsibility for one another

“Those in vulnerable situations, such as the elderly, the unborn, and persons with disabilities, are sometimes deliberately excluded. True solidarity means including all members of the human family.”

Policies that invest in families and individuals, rather than treating people as disposable, are key to fostering social harmony.

Restoring Social Cohesion in a Fragmented World

Although technological advancements have connected people globally, Archbishop Caccia noted that society is increasingly fragmented due to polarization, mistrust, and loss of shared values. He called for: Greater civic participation

He emphasized the Catholic principle of subsidiarity, which calls for higher levels of authority to empower individuals and smaller communities rather than take control over them.

“A renewed commitment to social unity through respect and subsidiarity

“People must be able to participate in all spheres of society as holders of both rights and duties.”

”

“

“Subsidiarity protects people from abuses by higher-level social authority and calls on these same authorities to help individuals and intermediate groups fulfill their duties.”

”

Call to Action: Strengthening Families for a Better Future

The Holy See’s message at the UN reminds us that the family is the foundation of a just and moral society. A world where families are supported thrives in love, faith, and social responsibility.

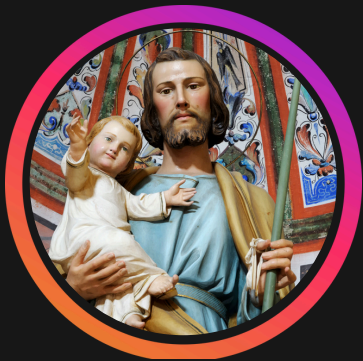
The Church continues to advocate for the family, urging all people of goodwill to work towards a world where every person is valued, and social unity is built upon the foundation of love and respect.

**Archbishop Gabriele Caccia,
Permanent Observer of the
Holy See to the UN**



Courtesy: Vatican News

INSTA-SAINT



St. Joseph
Husband of BVM







900
Posts

1.8 M
Followers

33
Following

Joseph, son of David, do not be
afraid to take Mary as your wife

-  **Bio:**
-  Nazareth, Israel
 -  Guardian of Jesus
 -  Carpenter

Follow

Message



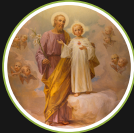
Joy



Mary



Bethlehem



Jesus and Me



Egypt



Jerusalem



Workshop



SAINT JOSEPH

Story Highlight: The Silent Strength of St. Joseph

St. Joseph, the earthly father of Jesus, was a man of action rather than words. He never spoke a single word recorded in Scripture, yet his faith, obedience, and love continue to inspire millions. When faced with uncertainty—Mary's unexpected pregnancy, the flight to Egypt, and raising the Son of God—Joseph chose faith over fear.

One of the most powerful moments in his story is his decision to stay with Mary, trusting in God's plan despite the societal risks. Instead of reacting impulsively, he listened to God and obeyed. His quiet strength, humility, and love became the foundation of the Holy Family.



💡 St. Joseph didn't seek recognition—he lived his faith through quiet service, sacrifice, and trust in God's will. His life teaches us that true love is expressed not just in words, but in actions of faithfulness, care, and responsibility.

Reflection Questions:

Who in your life needs the gift of steadfast love and quiet support today?

How can you follow Joseph's example of trusting God even in uncertain situations?

#FaithTip:

Take a moment today to pray for fathers, husbands, workers, and those seeking employment. Consider offering a small act of service for someone without expecting anything in return—just as St. Joseph would.

Fun Fact:

Did you know that St. Joseph is also the patron saint of workers, families, and the dying? Many people place St. Joseph statues in homes when praying for blessings and protection.

#InstaSaint Vibes:

#SilentStrength #FaithInAction #StJosephPrayForUs #HumbleServant
#WorkWithLove

✨ Let St. Joseph inspire you to lead with love, trust in God's plan, and serve others quietly but powerfully. 🙏🔧💙

Let's Connect

Instagram – @2MinutesWithTheLord

YouTube – 2 Minutes with the Lord

Website – www.2minuteswiththelord.com

Your one-stop hub for bible resources and programs

Email: 2minuteswiththelord@gmail.com

Podcast

Listen now on [Spotify, Apple Podcasts, or Amazon Music]
@2 Minutes with the Lord



Season One : Faith Series

Season Two: Hope Series

Season Three: Miracle Series

Season Four: Parable Series

Season Five: Psalm Series

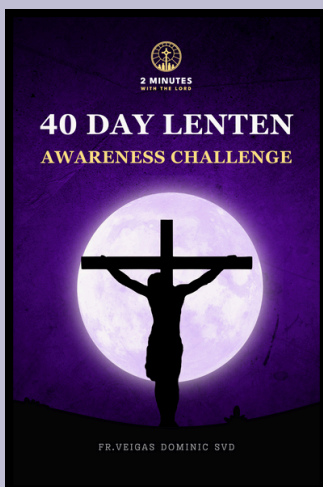
Season Six : Prophet Series

LISTEN ON  Spotify

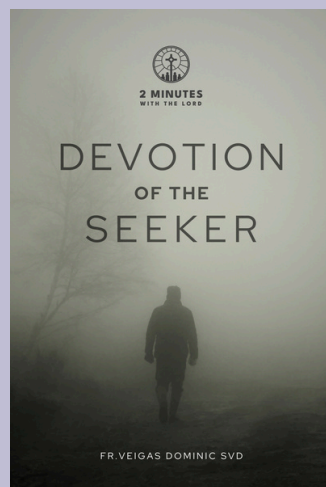
 Listen on
Apple Podcasts

12 Episodes every season

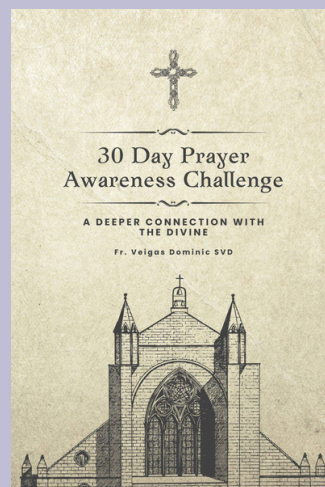
Books



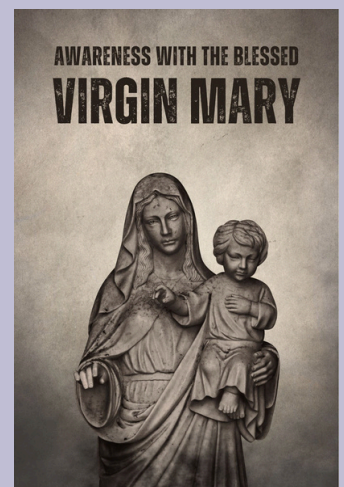
40 Day Lenten Awareness
Challenge



Devotion of the Seeker



30 Day Prayer Awareness
Challenge



Awareness of the Blessed
Virgin Mary

Available on Amazon.com